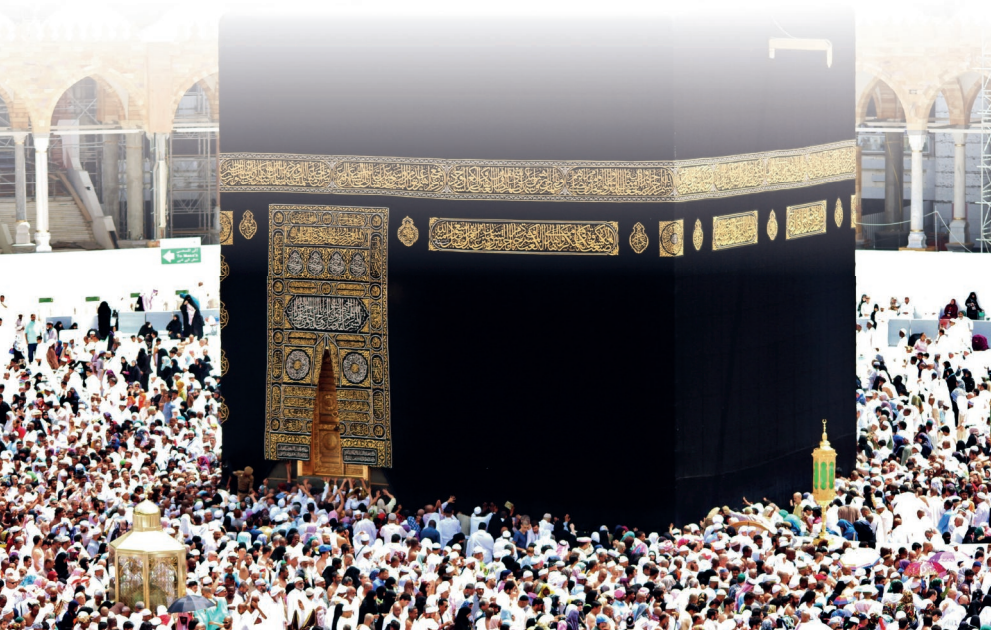




RAHEEL  
TRAVEL.CO.UK

# A Step-By-Step Guide to Performing Umrah





# A Step-By-Step Guide to Performing Umrah

## Contents

Virtues of Performing Umrah	1
Method of Performing Umrah	3
Step 1 – Purity	3
Step 2 – Wearing ihram	3
Prohibitions of ihram	3
Step 3 – Salah of ihram	4
Step 4 – Making Intention	5
Step 5 – Reciting the Talbiyah	5
Step 6 – Entering the Holy Mosque	6
Step 7 – Seeing the Ka’bah	7
Step 8 – Performing Tawaf	7
Step 9 – Salah of Tawaf	11
Step 10 – Drink Zamzam	11
Step 11 – Walking Between Safa and Marwah	12
Step 12 – Leaving the Holy Mosque	15
Step 13 – Shaving or Trimming	16

## Virtues of Performing ʾUmrah

Abū Hurairah (may Allāh be pleased with him) reported that Allāh's Messenger (may Allāh bless him and grant him peace) said: “He who comes to this House (the Ka’bah, with the intention of performing ʾUmrah), and neither speaks indecently nor acts wickedly, will return (free from sin) like the day his mother gave birth to him.”

### [Muslim]

Abū Hurairah (may Allāh be pleased with him) narrates that the Messenger of Allāh (may Allāh bless him and grant him peace) said: “The pilgrims performing Ḥajj and ʾUmrah are a delegation to Allāh. If they call upon Him, He will answer them; and if they ask for His forgiveness, He will forgive them.”

### [Ibn Mājah]

‘Abdullāh ibn ʿUmar (may Allāh be pleased with him) narrates that he heard the Messenger of Allāh (may Allāh bless him and grant him peace) say: “Whoever circles the Ka’bah seven times (ṭawāf) and prays two rak‘āt (units) will receive the reward of freeing a slave. A man does not raise his foot and bring it back down except that ten good deeds are written for him, ten bad deeds are erased and he is raised (in Allāh’s eyes) by ten degrees.”

### **[Aḥmad and Ibn Mājah]**

The Messenger of Allāh (may Allāh bless him and grant him peace) said “When it is Ramaḍān, perform ʿUmrah, for ʿUmrah during Ramaḍān is equivalent to Ḥajj.”

### **[Nasa’i]**

NOTE: Although there isn’t a specified time for performing ʿUmrah, ʿUmrah during Ramaḍān is very virtuous, as indicated in the above narration.

# Method of Performing Ṭmrah

## Step 1: Perform Ghush

Perform ghush (have a bath). If this is not possible then perform wuḍū' (ablution).

## Step 2: Wearing Iḥrām

You need to be aware of the prohibitions of iḥrām prior to entering the state of iḥrām.

## Prohibitions of iḥrām

1. Using perfume or any scented cream, lotion, soap, shampoo.
2. Removing fingernails, toenails, or hair.
3. For a man to cover his head. For a woman to cover her face or wear gloves.
4. For a man to wear clothes which are designed to surround the body via sewing or felting.
5. Sexual intercourse or any kind of intimacy.
6. Hunting or killing an animal.

You need to put on the iḥrām garments before you reach the Mīqāt.

The Mīqāt refers to the boundary where it is impermissible for those intending to perform Ḥajj or Ḥumrah to pass without being in the state of iḥrām.

You can wear the iḥrām from home, from the airport or on the plane. You should hear an announcement in the plane at least 30 minutes prior to reaching the Mīqāt.

For men, the iḥrām garment consists of two sheets of white cloth to cover the lower and upper parts of the body. For women, regular modest clothing will suffice.

### **Step 3: Ṣalāh of Iḥrām**

Perform two rak'āt ṣalāh after putting on the iḥrām. This should be performed before the mīqāt (boundary) has been crossed, provided it is not one of the prohibited times for ṣalāh. (Prohibited times are sunrise, midday and sunset). Perform the ṣalāh with the intention of two rak'āt nafl for iḥrām. After Sūrah al-Fātihah, recite Sūrah al-Kāfirūn in the first rak'āt and Sūrah al-Ikhlāṣ in the second. Supplicate after the ṣalāh.

## Step 4: Making Intention

Make intention for Ḥajj before you approach the mīqāt boundary, preferably in the plane. It is recommended to make a verbal intention. This may be done in any language. An example of an intention is:

“O Allāh, I intend to perform Ḥajj, so accept it from me and make it easy for me.”

## Step 5: Reciting the Talbiyah

After making your intention, recite the talbiyah. It is a condition for the validity of Ḥajj to recite the talbiyah with the tongue at least once.

The talbiyah is:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ – لَبَّيْكَ لَا شَرِيكَ  
لَكَ لَبَّيْكَ – إِنَّ الْحَمْدَ وَالنِّعْمَةَ  
لَكَ وَالْمُلْكَ – لَا شَرِيكَ لَكَ

*Labbayk Allāhumma labbayk, labbayka lā sharīka laka labbayk, innal-ḥamda wan-ni'mata, laka wal mulk, lā sharīka lak.*



‘(I am) At Your service, Allāh, I am at Your service. I am at Your service, You have no partner. I am at Your service. Truly all praise, favour and sovereignty is Yours; You have no partner.’

**[Muslim]**

Males should recite the talbiyah audibly. Females should recite it softly ensuring that it is loud enough to be heard by themselves or someone next to them.

Only after having completed steps one to five in order will you enter the sacred state of iḥrām. Ensure that you refrain from the prohibitions of iḥrām (see step 2) until you complete your Ḥmrah.

## Step 6: Entering the Holy Mosque

Upon reaching the Holy Mosque, enter with your right foot and recite the following:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ  
اللَّهِ، اَللّٰهُمَّ افْتَحْ لِيْ اَبْوَابَ رَحْمَتِكَ

*Bismillāhi, waṣṣālatu wassalāmu alā rasūlil-lāh,  
allāhummaftaḥ lee abwāba raḥmatik.*

‘In the name of Allāh, and prayers and peace be upon the Messenger of Allāh. Oh Allāh, open the gates of Your mercy for me’. [Abū Dawūd]

## Step 7: Seeing the Ka’bah

Keep your gaze lowered until you see the Ka’bah. Upon seeing it, recite the following three times:

اللَّهُ أَكْبَرُ. اللَّهُ أَكْبَرُ. لَا إِلَهَ إِلَّا اللَّهُ

*Allāhu Akbar, Allāhu Akbar, Lā ilāha illallāh.*

Allāh is the Greatest, Allāh is the Greatest. There is no deity besides Allāh.

Supplications are accepted upon the first sight of the Ka’bah. Therefore, look at the Ka’bah at a time when you are at ease to supplicate and present all your wishes and hopes in the court of Allāh.

## Step 8: Performing Ṭawāf

Ṭawāf means to go around the ka’bah seven times in an anti-clockwise direction.

- A.Wuḍū:** Wuḍū is required for ṭawāf. If wuḍū is nullified during the course of ṭawāf, it is compulsory to immediately terminate the ṭawāf, perform wuḍū and resume from where the wuḍū was nullified.
- B.İdṭibā’:** If you are a male, you should uncover your right shoulder by passing the top sheet of your iḥrām under your right armpit, allowing the garment to hang over your left shoulder. This is called İdṭibā’.
- C.Intention:** Make intention to perform ṭawāf solely for Allāh.
- D.Position:** Position yourself in line with the corner of the Ka’bah where the ḥajar-ul-aswad (the black stone) is situated. There will be a green light showing where the ḥajar-ul-aswad (the black stone) is. Look towards the corner of the Ka’bah to ensure that you are in the correct position.
- E.Istilām:** Raise both your hands towards the ḥajar-ul-aswad with your palms facing towards it.

## Recite:

بِسْمِ اللَّهِ اللَّهُ أَكْبَرُ. وَاللَّهُ أَحْمَدُ

*Bismillāhi Allāhu Akbar. Wa lillāhil Ḥamd.*

I start with Allāh's name, Allāh is the Greatest. And to Allāh belongs all praise.

Then kiss the palms without making a noise. This action is called Istilām.

**F.Begin your Ṭawāf:** Turn to your right and start the first circuit of your ṭawāf, ensuring the Ka'bah is on your left. Proceed in an anti-clockwise direction. It is not good etiquette to glare at the Ka'bah during ṭawāf.

**G.Raml:** It is sunnah for men to perform Raml in the first three circuits. Raml refers to the practice of walking briskly whilst gently shaking the shoulders. One should refrain from running or jogging as this is incorrect.

**H.Prayers and supplications:** During your ṭawāf, you may recite prayers and supplications of your choice.

Du‘ās are accepted during ṭawāf so make the most of this occasion and remember Allāh with sincerity and devotion. If you want to make Qur’ānic and Prophetic supplications during your ṭawāf, make an effort to memorise and learn the meanings of them. Reciting the Qur’ān and sending salutations upon the Messenger of Allāh (may Allāh bless him and grant him peace) during ṭawāf is also recommended.

It is Sunnah (a practice of the Prophet, peace and blessings be upon Him), to recite the following prayer between the Rukn al-Yamānī (the corner before the black stone) and the black stone:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً  
وَقِنَا عَذَابَ النَّارِ

*Rabbanā ātinā fid-dunyā ḥasanataw wa fi l-ākhirati ḥasanataw wa qinā ‘athāban-nār.*

‘O our Lord, grant us the good of this world, the good of the Hereafter, and save us from the punishment of the fire.’

**I.End of circuit:** Returning to the ḥajar-ul-aswad (black stone) marks the completion of one circuit. Begin the second round by doing istilām of the ḥajar-ul-aswad as previously described. Repeat this process seven times

## Step 9: Ṣalāh of Ṭawāf

Upon finishing the ṭawāf (all seven rounds), perform two rak'āt of ṣalāh.

This ṣalāh should ideally be performed behind the Maqām Ibrāhīm. If this is not possible, it can be performed anywhere in the Holy Mosque. Do not pray your ṣalāh behind the Maqām Ibrāhīm if you will come in the way of people performing their ṭawāf.

It is Sunnah to recite Sūrah al-Kafirūn in the first rak'āt and Sūrah al-Ikhlāṣ in the second rak'āt after Sūrah al-Fātihah. This ṣalāh is wājib (mandatory) and can be performed at any time apart from the makrūh (disliked) or prohibited times. (Prohibited times are sunrise, midday and sunset).

## Step 10: Drink Zamzam

After completing ṣalāh and making du'ā, drink Zamzam water to your fill.

The Prophet (may Allah bless him and grant him peace) said: “The water of Zamzam is for whatever purpose it is drunk.” **[Ibn Mājah]**

Before drinking the Zamzam water, recite the following prayer and supplicate for your needs:

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا  
وَرِزْقًا وَاسِعًا. وَشِفَاءً مِّنْ كُلِّ دَاءٍ

*Allāhumma innī as’aluka `ilman nāfi`ā, wa rizqaw wāsi`ā, wa shifā’am min kulli dā’.*

‘O Allāh, I seek from you beneficial knowledge, broad sustenance and cure from all ailments from You’. **[Ḥiṣṣul Ḥaṣīn]**

## **Step 11: Walking Between Ṣafā and Marwah**

Walking between Ṣafā and Marwah is called sa’ī.

- A. Proceed to Ṣafā:** Go to the hill of Ṣafā and make intention for sa’ī. It is sunnah to perform sa’ī immediately after ṭawāf.

While wuḍū' (ablution) is not required for sa'ī, it is sunnah to perform sa'ī with wuḍū' (ablution).

As you approach Ṣafā, recite:

إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ  
فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ  
عَلَيْهِ أَنْ يَطَّوَّفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا  
فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

*Innaṣṣafā walmarwata min sha'ā -iri llāh. Faman ḥajjal bayta awi' tamara falā junāḥa 'alayhi ay yaṭṭawwafa bihimā. Waman taṭawwa'a khayran fa innAllāha shākiron 'aleem.*

'Indeed, Ṣafā and Marwah are among the symbols of Allāh. So, whoever makes Ḥajj to the House or performs Ḥumrah – there is no blame upon him for walking between them. And whoever volunteers good – then indeed, Allāh is appreciative and Knowing'. **[Surah al-Baqarah, 2:158]**

Upon reaching Ṣafa and while having the Ka'bah in sight, recite the following thrice:



لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ  
لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِي وَيُمِيتُ  
وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

*Lā ilāha illallāhu waḥdahū lā shareeka lahū, laḥul mulku wa laḥul ḥamdu, yuḥyee wa yumeetu wa huwa ‘alā kulli shay’in Qadeer.*

‘There is none worthy of worship but Allāh alone, He has no partner, His is the dominion and His is the praise. He gives life and He gives death and He is capable of everything.’ [Muslim]

And recite:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ، صَدَقَ وَعْدَهُ  
وَنَصَرَ عَبْدَهُ، وَهَزَمَ الْأَحْزَابَ وَحْدَهُ

*Lā ilāha illallāhu waḥdahu, ṣadaqa wa’dahū, wa naṣara ‘abdahū, wa hazamal-aḥzāba waḥdahū.*

‘There is none worthy of worship but Allāh alone, who fulfilled His promise, and gave victory to His servant and defeated the confederates alone’.

[Abū Dawūd]

Then walk towards Marwah. On the way to Marwah, men should quicken their pace between the set of green lights. Women should continue normally.

### **B. Reaching Marwah:**

Upon reaching the hill of Marwah, face the direction of the Ka'bah, raise your hands in supplication and repeat the same supplications you recited at Şafā. This completes one lap of sa'ī. Returning back to Şafā is considered a second lap.

**C. End of Sa'ī:** Repeat this procedure until you have completed seven laps, at which point you should be at the hill of Marwah.

Prayers and supplications: Make prayers and supplications of your choice as you walk between Şafā and Marwah.

## **Step 12: Leaving the Holy Mosque**

As you leave the Holy Mosque, step out with your left foot and recite the following du'ā:

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ  
اللَّهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

*Bismillāhi waṣṣalātu wassalāmu ‘alā rasoolil-lāh,  
Allāhumma innee as-‘aluka min faḍlik*

‘In the name of Allāh, and prayers and peace be upon the Messenger of Allāh. O Allāh, I ask You of your favours’. **[Muslim]**

### **Step 13: Shaving or Trimming**

You must have all of your hair shaved or trimmed by at least an inch in order to leave the state of iḥrām and complete your Ḥmrah. It is more virtuous for a man to have the head shaved completely. Women may only have their hair trimmed. A woman should simply trim a fingertips length i.e. about an inch from the end of her hair. It is sunnah to start shaving/trimming from the right side.

**Your Ḥmrah is now complete.**











**RAHEEL**  
TRAVEL.CO.UK

- Umrah Services
- Guided Umrah Tours
- Muslim-friendly Holidays
- International Flights,  
Transfers & Hotels

- 
- ☎ +44(0)7309 029 970
  - 🌐 [www.raheeltravel.co.uk](http://www.raheeltravel.co.uk)
  - ✉ [info@raheeltravel.co.uk](mailto:info@raheeltravel.co.uk)
  - 📷 @raheeltravel
  - f @raheeltravel

